Get to know PHYSICAL AND HEALTH EDUCATION

Develop a broad understanding of the human body in motion and apply your knowledge at the level of the individual (strength and conditioning), group (team sports, sport clubs) and community (schools, private enterprise). Participate in hands-on practicum courses in coaching and developing physical activity programs for children, persons with disabilities, and older adults.

Take advantage of three mini-streams that provide students with an opportunity for hands-on internships in Athletic Therapy; Strength and Conditioning; Exercise, Disability and Aging.

Queen’s ADMISSIONS

Students apply to Physical Education Program through the OUAC (Ontario University Application Centre) website. Secondary School prerequisites include 4U English, 4U Biology, plus 1 additional 4U course. Applicants outside of Ontario may have additional requirements.

“Critical thinking about health, the body and human movement, emphasizing equity and community involvement.”

Course HIGHLIGHTS

In addition to innovative, engaging, lecture-based learning the School of Kinesiology and Health Studies offer unique course opportunities. The Community-Based Physical Activity Promotion course allows students to take health theory out of the classroom and work with community partners on real-life projects. Professional courses such as the Physical Activity for Children practicum course give students truly hands-on experience developing and leading a daily physical activity (DPA) program in local elementary schools. Professors encourage inquiry-based learning with a series of research courses that build from Research Methods, to a Research Internship in a research lab or program, to a fourth-year Honours Thesis or Project.

Degree OPTIONS

Bachelor of Physical Health Education (Honours)
Specialization
**GET THE COURSES YOU NEED**

**1ST YEAR**
- Take HTH 101, KNPE 125, 153, 167, PACT 100 and PSYC 100.
- Take PACT P01 if you want to take Fall Camp School in third year. Consider applying to the Athletic Therapy or Strength and Conditioning ministreams to get course credit working with varsity athletes.

**2ND YEAR**
- Consider applying at the end of Winter Term to Exercise, Disability and Aging ministreams, or a Research-Based Internship course for third year.

**3RD OR FINAL YEAR**
- Take KNPE 203, 261, 331, 333 and PACT 333.
- Consider Independent course opportunities such as KNPE 456 (Survey of Research & Literature), KNPE 491 (Special Project) and KNPE 595 (Thesis).

**4TH OR FINAL YEAR**
- Take final 300-level or above PACT course if not already completed (PACT 338, 355, or 403).
- Apply to graduate on SOLUS.

**GET RELEVANT EXPERIENCE**

**1ST YEAR**
- Join teams or clubs on campus such as Queen’s First Aid (QFA). Take Queen’s Mental Health First Aid (MHFA) training. Volunteer for the Winter Adapted Games (annually held at end of Jan.). Apply to be an Orientation Coach for Frosh Week of your second year.
- Check out what previous graduates were planning throughout the year.
- Attend Career Fairs sponsored by Career Services.
- Speak to a QUIC advisor or get involved in their Career Strategies Workshop. Consider attending the Canadian Undergraduate Innovation Initiative (QICSI).

**2ND YEAR**
- Take more responsibility within different clubs or extra-curricular groups. Athletics and Recreation hires students in many roles throughout the entire year.
- Look into summer jobs by talking to the dept. or Career Services about work through SWEP or summer USRA NSERC program (advertised in US News before Reading Week).
- Take more responsibility within PHEKSA.
- Start or continue volunteering with groups such as Qjump, WAG (monitor US News). Become a student member of PHE Canada, apply to attend their Student Leadership Conference.

**3RD OR FINAL YEAR**
- Stay during the summer as an assistant to a faculty member.
- Volunteer in the Revised Up lab. Consider becoming a Peer Health Educator with Student Wellness Services. Consider entrepreneurial opportunities via programs like the Queen’s Innovation Connector Summer Initiative (QICSI).
- Do targeted networking with alumni working in careers of interest by joining the LinkedIn group Queen’s Connects. Check out Career Services networking workshops. Connect with professors at events or workshops hosted by the PHEKSA.
- Consider the Canadian Undergraduate Conference on Healthcare (CUCOH).

**4TH OR FINAL YEAR**
- Prepare to become a member of PHE Canada or another association such as Active Living Alliance for Canadians with a Disability or Canadian Athletic Therapy Association.
- Join groups on LinkedIn reflecting specific careers or topics of interest in Physical and Health Education.
- Prepare for work or studies in a multi-cultural environment by taking QUC’s Intercultural Competency Certificate, and research possible immigration regulations.
- Investigate requirements for full-time jobs or other opportunities related to careers of interest.

**GET CONNECTED WITH THE COMMUNITY**

**1ST YEAR**
- Think about applying to positions in student services, Physical & Health Education and Kinesiology Student Association or the Alma Mater Society.
- Volunteer on or off-campus with different community organizations, such as Let’s Talk Science, by checking out Co-Curricular Opportunities.
- Network with PHE Alumni Club and Mini-Career Fair.
- Attend their Student Leadership Conference.

**2ND YEAR**
- Take more responsibility within PHEKSA.
- Start or continue volunteering with groups such as Qjump, WAG (monitor US News). Become a student member of PHE Canada, apply to attend their Student Leadership Conference.
- Join groups on LinkedIn reflecting specific careers or topics of interest in Physical and Health Education.
- Prepare for work or studies in a multi-cultural environment by taking QUC’s Intercultural Competency Certificate, and research possible immigration regulations.
- Investigate requirements for full-time jobs or other opportunities related to careers of interest.

**GET THINKING GLOBALLY**

**1ST YEAR**
- The Queen’s University International Centre is your first stop to learn how to internationalize your degree or to leverage your existing cross-cultural experience.
- Speak to a QUIC advisor or get involved in their programs, events and training opportunities.
- Is an exchange in your future? Start thinking about where you would like to study abroad. Apply in January for a 3rd year exchange through your faculty’s International Office. If exchange isn’t for you, come talk to QUIC about other options. For course advice, make an appointment with the SKHS Undergraduate Chair Coordinator.

**2ND YEAR**
- Build your intercultural competence by getting involved with other cultures or by practicing or improving your language skills. Check QUC’s resources for ideas to go abroad, and volunteer or attend one of their events.
- Consider taking 400-level HTH courses at the BISC in England in the spring.
- Consider independent course opportunities such as KNPE 456 (Survey of Research & Literature), KNPE 491 (Special Project) and KNPE 595 (Thesis).

**GET READY FOR LIFE AFTER GRADUATION**

**1ST YEAR**
- Attend Career Fairs sponsored by Career Services throughout the year.
- Check out what previous graduates were planning at the time of convocation found on the Career Information for PHE website.
- Explore careers of interest by reading books in the Career Services Career Advising and Resource Area, such as Top 100 Health-Care Careers. For more information check out Career Cruising or by finding and connecting with alumni on LinkedIn. Attend the annual SKHS Career Strategies Workshop (UG News) and Mini-Career Fair.

**2ND YEAR**
- Start focusing on areas of interest. Research education requirements for careers of interest. If needed, prepare to take any required tests (like the LSAT or GMAT) and get help thinking about grad school from Career Service.
- Apply to jobs or future education, or make plans for other adventures. Get help from Career Services with job searching, resumes, interviews, grad school applications, or other decisions.

**Where could I go after graduation?**

- Athletic therapy
- Athletics
- Audiology
- Chiropractor
- Coaching
- Complementary medicine
- Ecotourism
- Education
- Ergonomics
- Exercise physiologist
- Facilities management
- Fitness and image consulting
- Gerontology
- Health administration
- Health and wellness consultant
- Health education
- Health promotion
- Kinesiologist
- Medicine
- Municipal recreation
- Nursing
- Nutrition and dietetics
- Occupational health and safety
- Occupational therapy
- Personal training
- Physiotherapy
- Prosthetics and orthotics
- Public health and administration
- Speech and language therapy
- Sports administration
- Strength and conditioning

*Some careers may require additional training.*

Caution: *This map is meant as a guide to provide suggestions throughout your university career. The activities, resources, and careers mentioned are possibilities – you are not restricted to them and you don’t have to follow this exact timeline. Every person (including you!) will find their own unique path through their degree at Queen’s and beyond.*
How to use this map

- Got questions about careers and classes?
- Feeling a little lost or overwhelmed by choices?
- Wondering what you are “supposed” to be doing?

Use this map to plan for success in five overlapping areas of career and academic life. Each map helps you explore possibilities, set goals and track your accomplishments. To make your own custom map, use the My Major Map tool.

Don’t stress if you haven’t done all of the suggested activities. The map is not a prescription – it’s a tool for finding your own way at Queen’s.

Getting what you need to succeed in the workplace

WHAT DO EMPLOYERS WANT?
In a recent survey from the Canadian Council of Chief Executives the top 6 skills sought by employers were:
1. People skills
2. Communication skills
3. Problem-solving skills
4. Analytical abilities
5. Leadership skills
6. Industry-specific knowledge

HOW DO I GET THE SKILLS I NEED?
It is important to develop a balanced skill set – many of which you will develop during your studies. To stand out, take advantage of experiential learning through the multitude of clubs and activities in and around Queen’s. Check out the Get Relevant Experience section of this map.

WHAT CAN I LEARN STUDYING PHYSICAL AND HEALTH EDUCATION AT QUEEN’S?
- Understanding of the human body and human movement, and the physical, social, psychological and cultural factors influencing health
- Ability to create inclusive environments and opportunities in physical education, physical activity, and sport
- Ability to collaborate with peers, practitioners, and community members
- Critical thinking, evaluation and problem solving skills
- Oral and written communication
- Planning, time management and strategy

WHAT MAKES ME SPECIAL?
No one will get exactly the same experience as you. Take the time to think about what skills you have developed to be able to best explain them with compelling examples in future applications to employers and further education. For help with this, check out the Career Services skills workshop.